

# eat more of these foods



**Veggies** are yummy served with your favorite dip or hummus. Plan ahead and cut up veggies to store in the fridge for a quick and filling snack. Different colored vegetables have different vitamins and minerals- make your plate colorful!



**Fruits** are nature's candy. Snack on whole or cut-up fruit to gain the benefits of its many vitamins, minerals, and fiber.

Reach for these fast foods when you're hungry.

**Nuts** are full of healthy fats and make a great snack. One handful is the perfect serving size. Unsalted or lightly salted nuts are the best choice!



**Low-fat dairy** is high in calcium, which helps build strong bones and teeth. Aim to get three servings of low-fat dairy a day. One good way is to drink an 8-oz glass of skim or 1% milk with each meal.

